

ANAMNESIS

A FRAMEWORK TO PUT MYSELF TO REST

LUISA DO AMARAL, CYAN D'ANJOU
+ **SungHoon Song**

COMING TO TERMS WITH THE LACK OF OF CONTROL THAT LIVING ENTAILS

This project is an account of methodological exploration and discovery. While navigating personal processes of grieving and moving on, we turned to art and science to help us understand our thoughts and feelings.

We delved into a broad range of references, from art, philosophy of mind, sociology of knowledge, cognitive science, social psychology and artificial intelligence, to understand different approaches to how the human mind interprets and processes our life experiences.



Photos by Tom Mesic

From the first iteration to the final results, this project had several titles and followed multiple directions of inquiry.

In retrospect, the different lines of thought that we pursued at different points reveal attitude changes and demonstrate other epiphenomenal outcomes of this project, besides the expected output. The map illustrates one of the by-products of this work — an aggregated framework for sociological knowledge, that combines my best skills in the service of scientific pursuit.

moving from Rational Choice towards Relational Sociology, paired with insight from reflexive and lyrical approaches to analysis and writing

A LABOUR OF RECOLLECTION in three pieces

“Go to the limits of your longing”

A map of the intellectual journey that we underwent to develop the philosophical framework for our project, how it intertwines with our life events and emotional processes, and my growth as a Sociologist.

“Zettelkasten”

A recreation of the Eucharist and the process of remembering it entails. Represents my personal process during the Founding Lab. The box of cards is the bread, representing intellectual labour. The flower syrups are shared with visitors using a dropper.

“Things of Boundaries: a Case Study of Interdisciplinarity”

An ongoing study on ideas of interdisciplinarity and the different professional and academic trajectories of Founding Lab student, fellows and staff members. An investigation of social positions and one's self-awareness concerning one's own social space.

In addition to Bourdieu's usage in the context of socioanalysis, ANAMNESIS is also employed to describe the remembrance act of the Eucharist in Christianity, and in medical practice, including clinical psychology, when patients recount episodes and symptoms

Besides my self-objectification, this self-analysis also counted with input from others who followed the process – my Professor, peers, collaborators, labmates and closest friends



In our shared process of discussing references and making sense of the project, we relied heavily on tools such as white boards and note-taking with post-its, which motivated the format chosen for the showcase

SKETCHES FOR SELF-ANALYSIS

Diagnosing the moral fallacy of by-products

Trying to forcefully bring about social or mental states that cannot be forced into existence such as being spontaneous, impressing others and obsessively looking for meaning in life situations

Finding (or building up) my place as a sociologist

The search for a coherent framework for the project led to a broad reframing of my own stances as a sociologist in-the-making, moving from methodological individualism to relationality

Acknowledging a hybrid methodology

Realising the influence of my formation as an architect on the process of research design and crafting a coherent framework – a process of iterative wholeness – which might be a strength or a liability

Special thanks to Professor Wonjae Lee, Ashley Chang, Brenda Silveira, Dahyun Ryu, Lukas Fuchs and Vladan Joler